

Worksheet

Use this helpful guide to record the nutrition facts for your three beverages.

Serving Size:
Beverage 1: _____
Beverage 2: _____
Beverage 3: _____

Calories per Serving Size:
Beverage 1: _____
Beverage 2: _____
Beverage 3: _____

Vitamins & Minerals Listed

Beverage 1:

Beverage 2:

Beverage 3:

Macronutrient Amounts Per Serving (grams)

Beverage 1:
Carbohydrates: _____ grams
Sugars: _____ grams
Protein: _____ grams
Fat: _____ grams

Beverage 2:
Carbohydrates: _____ grams
Sugars: _____ grams
Protein: _____ grams
Fat: _____ grams

Beverage 3:
Carbohydrates: _____ grams
Sugars: _____ grams
Protein: _____ grams
Fat: _____ grams